



## ***Community Resources*** ***ways2Wellness.org***

### **The Colebrook Area**

Connect with your local **Community Health Center**

Local Resources for:

- Healthy Eating
  - Seeking a **registered dietitian or nutritionist?**
  - Interested in buying **local produce?**
- Be Active
  - Join the **Older Wiser Livelier Seniors** group
  - Check out the **Colebrook Recreation Center** and the **Town of Colebrook Recreation Program**
  - Explore **The Great North Woods**
- Stress Less
- Get Connected
  - Find upcoming **events and activities**
  - Interested in community-wide efforts to improve health-i.e. community gardens, showing movies, etc.? Contact...
  - Join others who struggle with **chronic illness and learn self-management skills** together!
    - Quit smoking with people who understand. Tobacco Cessation at the Grace Community Church in Canaan, VT –contact Sharon Belleville at 802-266-3340. Tobacco Cessation at Indian Stream Health Center in Colebrook at 4pm- contact Brenda Puglisi at 603-388-2414